

## **GOALS GYM POLICIES**

### **ACCESS**

1. Individual athletes must be 18 years or older.
2. ONLINE registrations and payments are **REQUIRED** for all Fitness Room sessions. Customers AND coaches must register in advance to reserve their space. No Walk-In payments are accepted.
3. Athletes must check in at the front desk prior to using the Fitness Room. Athletes may NOT enter the Fitness Room before their reserved session or stay after.
4. Only persons who have paid for a work-out session are permitted to be inside the Fitness Room. Guests, visitors, family members, etc. must wait outside.
5. User accounts for registrations must be established in the name of the Athlete using the Fitness Room; registrations and payments may not be made under a parent's or coaches' name.

### **ATTIRE**

Proper athletic attire must be worn while using the Fitness room.

- Sneakers, socks, athletic pants/shorts, and t-shirts are considered appropriate attire.
- Shirts should cover full chest, back and lower torso area (no sport bras only).
- Jeans are not permitted. Jeans often have studs, rivets and zippers which may tear the fabric on the benches.
- Bare feet, socks only or sandals are NOT permitted.
- During winter months and rainy days, **please bring a dry pair of shoes**. The rink staff on duty may deny access to the Fitness Room if you do not have a dry pair of shoes.

### **FOOD & BEVERAGES**

Other than water bottles, food and beverages are not allowed in the Fitness Room. Water fountains are located in the rink lobby if you choose not to bring water with you to the Fitness Room.

### **MUSIC**

Portable stereos and electronic devices may be used with headphones only.

## HEALTH & SAFETY

If you have the flu, a cold, or any other contagious illness, please do not use the Fitness Room. Using the Fitness Room with a contagious illness puts you and all other users at risk. Illness causes an individual's system to become weaker and the likelihood for injury increases significantly when training under these conditions. Furthermore, given the nature of physical training, the transmission of contagious diseases occurs quite readily. Bottles of disinfectant and towels are available in the Fitness Room for cleaning perspiration from the equipment, pads and benches. Please be courteous of fellow Fitness Room users and use the supplies provided in the areas that you use.

## INJURIES

Any athlete who incurs an injury or becomes dizzy/ill while using the Fitness Room should immediately contact a rink staff person for assistance. A first aid kit is kept at the front desk for minor injuries. In cases requiring more extensive first aid, rink staff will contact the appropriate persons for assistance. It is important that rink staff be notified of any cases of injury or illness so that proper procedures can be initiated.

## CARDIOVASCULAR EQUIPMENT USAGE PROCEDURES

Cardio equipment is on a first come, first served basis. We ask that you please limit use to 30 minutes, while people are waiting. Please wipe down cardio equipment after use.

## WEIGHT LIFTING POLICIES

1. For the courtesy of all Fitness Room users and for safety reasons, all **lifters MUST re-rack their own dumbbells and weight plates after they have finished using them.** Searching for sets of weights needed for your weight lifting program can be a hassle and this is easily avoided when all lifters re-rack their own weights. Furthermore, having weights spread throughout the Fitness Room poses obvious hazards. **Continued failure to abide by this policy may lead to the suspension or termination of your usage privileges.**
2. Please do not slam or drop the weights.
3. All lifters MUST use a spotter for safety reasons. If you are a person who uses chalk when lifting, please keep it in a spill proof container.

## USAGE REVOCATIONS AND SUSPENSIONS

All Chiller LLC policies and procedures apply to the Fitness Room. The rink staff is responsible for enforcement of policies and guidelines. Courtesy for other athletes, staff and the equipment in the Fitness Room is expected and required. Loud, boisterous or abusive behavior will not be tolerated. Failure to comply with Chiller policies and Fitness Room guidelines may result in immediate eviction from the Chiller facility.